



DIY PLAN

Bring your own blood to get started on your personalized nutrition journey

How does it work

Upload your existing blood test results from your doctor, employer or insurance company and select the DIY option that will give you the most value.



Step 1

Gather your tests

Gather your past blood test results to see if you have the required biomarkers for DIY Basic or Advanced.



Step 2

Pick your plan

Check which biomarkers were included in your blood test. Pick the DIY plan that will give you the most value.



Step 3

Upload your results

Manually upload your blood test results. We'll check your data for errors and notify you when it's all done.



Step 4

Spring into action

We'll analyze your blood and lifestyle habits, and guide you to your goals with an easy-to-follow action plan.

Compare DIY Plans

Select the DIY plan that best matches your blood test results. If you do not have results for the biomarkers on our list, we recommend that you purchase a plan with a blood test.

| Biomarker analysis* | Basic | Advanced |
|---|-------|----------|
| Albumin | ● | ● |
| ALT (Alanine Aminotransferase) | ● | ● |
| AST (Aspartate Aminotransferase) | ● | ● |
| Calcium | ● | ● |
| Complete Blood Count** | ● | ● |
| Cortisol | | ● |
| Creatine Kinase | | ● |
| DHEAS | | ● |
| Ferritin | | ● |
| Folate | | ● |
| GGT (Gamma-glutamyl Transpeptidase) | | ● |
| Glucose | ● | ● |
| HDL (High-density Lipoprotein) | ● | ● |
| Hemoglobin | ● | ● |
| Hemoglobin A1c (HbA1c) | ● | ● |
| hsCRP (High Sensitivity C-Reactive Protein) | | ● |
| Iron | | ● |
| LDL (Low-density Lipoprotein) | ● | ● |
| Magnesium | | ● |
| Potassium | ● | ● |
| RBC Magnesium | | ● |
| Sex-Hormone Binding Globulin | | ● |
| Sodium | ● | ● |
| Testosterone | | ● |
| Total Cholesterol | ● | ● |
| Total Iron Binding Capacity | | ● |
| Transferrin Saturation | | ● |
| Triglycerides | ● | ● |
| Vitamin B12 | | ● |
| Vitamin D | | ● |
| White Blood Cell Count | ● | ● |

* Please note that we can only analyze the biomarkers provided by a user, and we're unable to analyze any biomarkers outside of the list above.

** Complete blood count includes Basophils, Eosinophils, Hematocrit, Lymphocytes, Mean Cell Hemoglobin, Mean Cell Hemoglobin Concentration, Mean Cell Volume, Mean Platelet Volume, Monocytes, Neutrophils, Platelets, Red Blood Cell Count, Red Cell Distribution Width